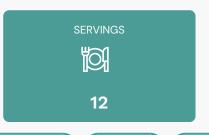


Carrot Scones

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

6 oz cream cheese softened
1 box betty delights super carrot cake mix
3 tablespoons vegetable oil
1 eggs
0.5 cup walnuts

0.5 cup cream cheese frosting

Equipment

0.5 cup raisins

	bowl	
	frying pan	
	baking sheet	
	oven	
	knife	
	microwave	
Directions		
	Heat oven to 400°F (375°F for dark or nonstick pan). Grease cookie sheet, or spray with baking spray with flour.	
	In large bowl, cut cream cheese into dry cake mix, using fork, until mixture looks like fine crumbs. Stir in oil, egg, walnuts and raisins until soft dough forms. Knead 6 times on well-floured surface.	
	Divide dough in half; shape each half into a ball. Press dough into 3/4-inch-thick circle (about 6 1/2 inches in diameter).	
	Cut each into 6 wedges with lightly floured knife.	
	Place 1 inch apart on cookie sheet.	
	Bake 15 to 19 minutes or until edges just begin to brown.	
	Remove from cookie sheet. Cool 10 minutes. In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.	
	Drizzle frosting over scones.	
	Serve warm. Store covered.	
Nutrition Facts		
	PROTEIN 5.75% FAT 41.46% CARBS 52.79%	

Properties

Glycemic Index:8.82, Glycemic Load:2.83, Inflammation Score:-6, Nutrition Score:4.4030435007551%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 338.22kcal (16.91%), Fat: 15.6g (24%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 42.64g (15.51%), Sugar: 25.46g (28.29%), Cholesterol: 27.96mg (9.32%), Sodium: 242.84mg (10.56%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.87g (9.74%), Vitamin A: 1205.64IU (24.11%), Manganese: 0.19mg (9.35%), Fiber: 2.05g (8.21%), Iron: 1.33mg (7.39%), Vitamin K: 6.69µg (6.37%), Copper: 0.1mg (5.19%), Calcium: 48.48mg (4.85%), Phosphorus: 44.25mg (4.43%), Vitamin B2: 0.07mg (4.03%), Selenium: 2.69µg (3.84%), Vitamin E: 0.47mg (3.15%), Magnesium: 11.51mg (2.88%), Potassium: 100.07mg (2.86%), Vitamin B6: 0.05mg (2.59%), Vitamin C: 1.94mg (2.35%), Folate: 7.96µg (1.99%), Zinc: 0.28mg (1.88%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.06µg (1.06%)